

## Abstract

**Background & objectives:** Pressure ulcers are one of the most important health care challenges for patients, families and medical staff. All stakeholders need easy, low cost and low-side effect treatment. Considering the increasing tendency of people to use natural and traditional materials, this study aimed to determine the impact of traditional poultice on the improvement of the pressure ulcers healing.

**Methods:** This study was an after and before clinical trial research with a control group. A total of 34 patients were selected by convenience sampling method and assigned into two treatment and control groups. Treatment group (traditional poultice: turmeric extract, animal butter and flour) 17 patients, and control group (routine comfeel dressing) 17 patients. PUSH tool was used to evaluate the improvement of healing wounds. Data were analyzed using descriptive and inferential statistics and SPSS 16 software.

**Results:** The results showed that most participants were over 60years, male, married with elementary education. In both groups (traditional dressing and routine dressing) the mean score of PUSH had descending slope with significant difference before and after intervention in each group ( $p < 0.001$ ). But mean scores of PUSH did not show significant difference between two groups. ( $P = 0.1$ )

**Conclusion:** In this study, the effect of dressing with traditional poultice was similar to comfeel and both methods were effective in improving the pressure ulcers. However traditional poultice has also been effective in the treatment of deep and chronic ulcers, thus use of traditional poultice was recognized as connivance, low side effect and cost-effectiveness in healing pressure ulcers

**Key words:** Traditional poultice, pressure ulcer, patients, dressing, comfeel